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JULY • 1930

Four Secret Words of the Bible

"My Brother's Keeper?"

As He Loveth in His Heart

The Creed of Heaven

Today's the Only Time

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SILENT UNITY CLASS WORDS

June 20 to July 19

God in the midst of me is mighty to quicken, to inspire, and to illumine.

I inherit good health because I acknowledge God to be my Father.

Thou art the everlasting, unfailing source of all my supply, and I shall never lack any good thing.

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UNITY DAILY WORD

A little companion that daily will direct your steps
to the sun-tipped heights in whose glory you will behold
the son of God, for such you are.

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F. B. WHITNEY, *Editor*

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THE SOMEWHERE OF JOY

Somewhere there's a song that's sung;

Somewhere there's a smile;

Somewhere bells of joy are rung;

Somewhere there's no guile.

All these bells and smiles and joy

Are for you alone.

In their music they employ

One harmonious tone.

Now, the "somewhere" where you'll know

Perfect peace and rest

Is not far for you to go:

"Tis within your breast.

GUARD WELL THE DOOR OF THOUGHT

By GRENVILLE KLEISER

Stand porter at the door of thought;
Let not base evil in;
Guard well the sacred citadel;
Cast off intrusive sin.

Stand porter at the door of thought;
Shut fear and failure out;
Disease and dread are impotent
When swiftly put to rout.

Stand porter at the door of thought;
Choose well your mental guests;
Bid every form of strife depart;
Obey Love's true behests.

FOUR SECRET WORDS OF THE BIBLE

 HAVE YOU not instinctively felt that the secret of the ages—the secret of life itself—must be hidden somewhere in the sacred writings of the Bible? Have you not at times turned through the book and felt that somewhere therein was the very secret of health and life? Possibly some one has told you that this secret was buried deep in the book, veiled by symbols and esoteric meanings, and you have even tried to uncover and penetrate these in order to see and understand this secret.

No doubt millions of students of the Bible and of Christianity have turned to the Bible in this way, looking for a revelation of the mystery. They have read the book from beginning to end. Because of the number of times that they have started on the quest, only to be disheartened in their search, the opening words are most familiar. Those words, "In the beginning God," are probably as far as many readers progress. Placed in the most prominent position in the book, these words would not seem to convey any hidden meaning or any secret for man's redemption from adversity. Those who have looked in the innermost part of the book for the clew to life have given little thought to the opening words, "In the beginning God."

Since God can only be known to us through spiritual consciousness, we have begun to think of spiritual consciousness as God. Since in spiritual consciousness we contact and realize

the presence of Truth, life, and love, these appeal to us as God Himself. God represents to us an absence of darkness, fear, hate, and disease—a presence of light, love, Truth, and life. When in Truth we think of God we are unable to think of anything opposite to Him or unlike Him.

Since we know God solely through Spirit and in mind, we must realize that it is through spiritual thought that the Truth begins to dawn upon us. We realize that in the very beginning of our meditation we must expect to draw near to God, the one and only power and presence in Truth.

"In the beginning God." When we begin to think of fear, we must think of God as love instead! When we begin to think of disease, we must think of God as life and health! Always—in the beginning, God!

"In the beginning God." Before all thought, all speech, all action, God! Before all selfish motives, God. Before all belief in limitation and adversity, all failure and lack, all things earthly and everything worldly, God.

Could a lifetime spent in analyzing and dissecting every jot and tittle of the Bible reveal any greater truth than this? If we reduce our Bible to those opening words, do we not have the very secret of secrets? If we place a spiritual perception of Truth, love, and life above all else, what more is required? In the beginning—the inception, the threshold, the outset, the foundation—God.

How we have tripped over those words, more concerned in a historical account of the creation of the world than in discovering the secret of our own redemption from belief in sin, disease, and lack! Long after the sentence, "God created the heavens and the earth," escapes our memory, the words, "In the beginning God," will continue to demand attention.

"In the beginning God." Even at the beginning of your very life, God as life. At the beginning of your day, God as glory, God as light. At the beginning of your night's rest, God as peace. At the beginning of every service begun in His name, God as love.

Do you place God first in your life? When all about you seems turned into panic and pandemonium, do you turn in thought to God? We know a large publishing house, one in which about four hundred persons are employed, upon whose walls a simple slogan is conspicuously and fearlessly displayed: "God First." God before personal ambitions, personal animosities, fear of failure, fear of criticism, fear of defeat. "In the beginning God."

What a world-revolutionizing spirit is contained in these words! Think of the power that will be generated for good when all people everywhere consider God at the beginning of all that they think, say, and do. When God is first, there will be no hate or fear, no war or famine, no disease or death. All earthly tribulation will cease when worldly thought ceases.

These words have a strange charm for us

because we know that they contain the mightiest truth ever revealed by God to man. We feel a compelling urge to try to apply this secret to all the many situations involved in the activities of our day. We want to awake in the morning with but the truth in mind, with only the glory of God in our thought. We want to begin the day with God.

Does the thought of living with God make you feel too sanctimonious? Then change your concept of God for one of peace, glory, and rejoicing. You must learn to live with God—the Spirit of light, love, and life within you—before you can hope to be harmonious with others. "In the beginning God." If you would transform your life, your environment, or your world, consider—at the outset—God.

When you by habit would let the thought of fear or worry dominate you, turn in thought to God. The process is a simple one. It involves only a change of thought, a change of mind. It requires merely that you think the truth about God instead of the false about life. That you think the truth about yourself—your life, health, and success—since this is the truth of all Truth. That you place this truth above and before all mortal belief. That you consider the truth of God first, last, and always.

"Begin at my sanctuary." At the altar of God make a sacrifice of all your limiting beliefs. Then place God first. Think first of Truth, love, and life. Make God the beginning.

"MY BROTHER'S KEEPER?"



HE MODERN world may differ greatly from the garden of Eden, but like Eden it, too, has its Cains and Abels. In many a modern home there is a self-appointed keeper for other members of the family. There are those whose personal opinions and rules for personal conduct become a veritable "Ten Commandments" for the thoughts and actions of other members of the household. These so-called keepers make their personal consciousness a prison in which they hold and keep their relatives and associates.

In "Loose Him and Let Him Go" Emilie Cady wrote: "Every living soul has an inherent right to freedom of choice, a right to live out his life in his own way." The title itself recalls the instance wherein Jesus set Lazarus free from death and dismissed the whole affair by turning to his associates and saying, "Loose him, and let him go."

Are you attempting to limit the life, actions, and expression of some member of your family? Are you trying to make him see the world through your own eyes? Then deny that you are his keeper. Wipe out of your mind the thought that seems to justify your being his jailer and his being your prisoner.

Are you mentally bound by worry and anxiety because a relative or a friend does not concede to your plan of living as you think that he should live? Then begin today to tear away the graveclothes. Your belief savors of the tomb

of mortal bondage. Free yourself and set him free. "Loose him" this very instant.

Today is a day of light and freedom. You cannot find any one willing to live with you in a medieval age of darkness and bondage. Freedom of thought and of action has come to be respected everywhere. Somehow jailers, critics, and reformers do not fit into the great universal plan of today.

Have you appointed yourself a censor of the books that another should read or of the plays that another should see? Are you, as a reformer, seeking to legislate against the privileges and pleasures of others? Then learn the horrible truth: your schemes and plans might be all right but for one thing—the opinions and rights of the other fellow. When you set yourself up as a guardian of his rights or morals, you but place yourself in a most ridiculous position.

Are you your brother's keeper, his jailer, and his lawmaker? No, the great universal plan has set him free from every restricting thought. Your desire to be a superior person with a mind capable of serving two persons shows merely that you are in bondage, not he.

"But," you say, "who will make the laws?" Some one once remarked that the great American indoor sport is legislation. Truly it would seem that we need not expect an immediate dearth of laws. A search through the law books of various states reveals to what extent ambitious lawmakers will go in order to legislate

against personal freedom. Church leaders, who should stand for freedom, can be aroused upon the slightest provocation to summon their followers to bring about legislation against the showing of moving pictures on Sunday, although permitting them to be shown in their own churches on Sunday. Truly the vagaries of personal legislation are unfathomable.

Who shall make the laws? Those who are free from all desire to limit others. Those who can look at an issue sanely without letting their personal feelings sway them and their judgment. If a man does not like to play golf, that is no reason for his interest in prohibiting other men from exercising on Sunday. If a minister cannot attract those who go to Sunday movies, he has no moral right to help pass a law to close his competitor's place of business while he himself is at work.

The woman who busies herself in trying to reform the world and legislate against the freedom of its people has but moved from the narrowing confines of her personal world, her home, into a sphere where she can be the keeper over more individuals. As jailer, she serves the inmates of her home with the foods that she thinks they should eat, not those that they want.

We can see that the matter of being a jailer is a far-reaching one. The tendency to bind and fetter others is retroactive. We cannot know a sense of freedom so long as we have any desire to limit and restrict others. As long as

we are in the consciousness of bondage—of binding others—we shall be bound ourselves. It follows that if we want freedom for ourselves we must open the prison in which we would imprison others. Remember that the jailer is virtually his own prisoner.

If you have a sense of mental and physical tenseness and tightness, open the prison doors of your mind. Cease trying to bind others and thereby release yourself. Limiting thoughts play strange tricks with those who think them.

If you are mentally trying to coerce another to your viewpoint, cease the practice immediately. You will only bind and enslave yourself. Such personal thoughts will only bring havoc to you. Limiting beliefs exert virtually all their power upon the thinker.

Are you your brother's keeper? No. Disillusionize yourself of this belief right away. He is his keeper and you are your own. You will be most unhappy if you try to change the great universal plan in this respect. Come out of this misconception and live in the world of truth, sunshine, beauty, and freedom. Today will be full of blessings, full of pleasure and freedom, if you will give up the old idea of trying to reform the world, trying to "boss" the other fellow, and just relax. You will feel a new sense of freedom, one which possibly you have not experienced previously. Laugh at yourself, if need be; see your old disposition undergo the great change; relax and enjoy life.

AS HE LOVETH IN HIS HEART

WERE YOU asked, "What do you love?", your answer might be quite different from the actual state of affairs. You might answer according to whom or what you consciously think that you love. Your reply might show little understanding as to what you really love in your heart, your innermost thought, your subconsciousness.

Psychologists are quite fond of this old, old proverb of Solomon: "As he thinketh in his heart, so is he." This old sage knew that a man is in fact like the way in which he thinks, lives, and loves in his heart of hearts. Solomon knew the nature of inner and secret thoughts, desires, and feelings. He knew that man incorporates in his own nature something of the character of the persons and things that he loves. As a man loves in his heart of hearts, so does he become.

If you love Truth more than you love the falsehoods of life, you will want to study and learn Truth, and you will make every sacrifice in order to do so. You will give up all desire for falsities in order to understand the verities and eternal truths of life. All belief in the power of falsehood goes when we learn the power of Truth and reality. All love for the baser things in life is surmounted when we entertain love for the highest and best.

What do you love in your heart? Do you like to be revengeful and sarcastic? Then you are making yourself into a creature of sarcasm and revenge. You are becoming like the thing

that you love. You are expressing something like the thought and the love that you entertain. The only remedy for you is a love for something that will neutralize and annihilate the love for cruelty, revenge, and evil. That neutralizing love is the love of good, the love of doing good.

Do you have a deep-seated desire to express the life and strength of Christ? Then you must be free from all desire to express thoughts and feelings in opposition to Christ and His life. You need to be free from the love of such things as would cause weakness and disease.

As you are loving in your heart at this instant, so you are becoming. If your ideal is a state of peace, love, health, and plenty, then you must love that which will cause these to appear. You cannot really love peace and harmony if you are inclined to be inharmonious in your dealings with others. You may visualize an ideal state, but if you really desire peace above all else you will yourself become peaceful.

The way of demonstration and success is the way of love. We move toward the object of our affection, and are instinctively repelled by something that is abhorrent to us. When we love our work we succeed in it. We do not need to be urged to deal kindly with the thing that we love.

"Thou shalt love Jehovah thy God with all thy heart." You are urged to love with all your heart that which stands for peace, love, health, and plenty, in order to remove from your life all evidence of chaos, hate, disease, and lack.

TODAY'S THE ONLY TIME

The past has gone with all its fears
And all its joys unknown;
The yesterdays and yesteryears
Like birds of night have flown.
We live as in a bright, new day,
As in another clime;
The past lives not, 'tis flown away!
Today's the only time.

The thing we call tomorrow fair
Does not exist at all;
It vanishes right in thin air;
Today comes into call.
Though poets sing of future days
In verses rich, sublime,
The truth remains: today we'll praise!
Today's the only time.

The only time, eternal now,
The present moment live;
You'll find your blessings now, somehow,
So learn to love and give.
Right now enjoy the things of good,
As urged in simple rhyme;
This truth had best be understood:
Today's the only time!

TUESDAY, JULY 1

Today's All-Powerful Word: *I cease to be anxious or worried. In the realm of Spirit, the world of Truth, I am care-free.*

CONE WAY to rid yourself of worry is to emerge from the sphere in which worry exists. As long as you live in a world of worry, a world in which you recognize other persons and things as having power to worry you, just so long will you be enmeshed in thought of worry.

Always reduce worry to the mental. Cease to think of persons and things as the cause of your worry. Know that you need to deal entirely with your own thoughts, your own reactions to situations. You have power to decide whether you will entertain thoughts that worry and distress or thoughts that heal and bless. No person or thing can keep you from thinking thoughts of the kind that you wish to think.

Being happy is just as easy as being worried. When you are happy you are master over your thoughts. When you worry you let thoughts about persons and things master you. The secret in overcoming the worry habit lies in thinking the thoughts that you want to think. You are so mentally constituted that you do have this power.

Blessed be the Lord, who daily beareth our burden.—*Psalms 68:19.*

WEDNESDAY, JULY 2

Today's All-Powerful Word: *The free-flowing life of Spirit within me relieves all congestion and stagnation, and I am thoroughly alive.*

VERY OFTEN physical inharmony comes from a congestion of the vital forces in the body. A congestion in one place may mean a lack of sufficient life and energy in another locality.

Stagnation indicates a lack of free-flowing life. Impurities are allowed to collect and, without the cleansing life of Spirit, they cause an area of impurity and, possibly, disease. Stagnation results from a lack of consciousness of omnipresent life.

If you need a feeling of freshness in your body realize the truth that life is circulating through you at all times. Know that the cleansing, purifying, freeing, vitalizing power of Spirit is your life, the very life of your physical organism. Know that this life is a stream of health and strength for you.

Your body forces will be equalized and balanced when you realize that the equalizing, tempering, adjusting power of Spirit keeps your body in perfect condition and all its parts functioning perfectly.

For as the Father hath life in himself, even so gave he to the Son also to have life in himself.
—John 5:26.

THURSDAY, JULY 3

Today's All-Powerful Word: I do not think of myself as being misjudged, neither do I render personal judgment. God, the just, is the supreme judge in my life.

AVOID PERSONAL judgment. Get out of personal consciousness and you will cease to misjudge others or to be misjudged. No longer will you judge according to personal standards and opinions. You will find that many of your cares will leave you when you cease to judge by personal consciousness.

Are you inclined to think of others in a personal way—to see their shortcomings, to think of them as having power to harm you? Or have you found the impersonal life, free from personal consciousness and personal judgment? Are you easily affected by what others think or say about you? Do you think of yourself as being misjudged and criticized? Then lift yourself out of such a state of mind.

In Spirit and in Truth, there is no one to misjudge or to harm you. God alone is the supreme judge, and His judgments are always good. To realize this truth is to free yourself from personal judgments—those of others and those that you would express toward them.

*It is a very small thing that I should be judged of you . . . he that judgeth me is the Lord.
—I Cor. 4:3, 4.*

FRIDAY, JULY 4

Today's All-Powerful Word: The knowledge of the truth that in Spirit I am absolutely free has released me from all sense of bondage.

NE OF THE first benefits to be derived from the study of Truth is a sense of freedom, freedom from all previous beliefs in bondage. This comes because the individual finds his thought corrected. Misconceptions of the past are exchanged for the Truth; bondage is given up for absolute freedom.

When Jesus gave the Truth to man, man was given freedom: freedom from false beliefs, freedom from physical ills, freedom from myriad bondages. We seek to study Truth and to know it in order to arrive at a consciousness and a realization of this freedom. Innately we feel that bondage is unnatural; instinctively we know that freedom is our divine heritage and birthright.

Are you in bondage to other persons? Know the truth that such a bondage cannot exist in Spirit. Are you bound to things of the external world? Realize that the freedom of inner Spirit cannot be affected by the state of things external.

He that was called in the Lord being a bond-servant, is the Lord's freedman.—*I Cor. 7:22.*

SATURDAY, JULY 5

Today's All-Powerful Word: Thinking thoughts of health and strength, I see these manifest as my perfect physical body, strong and whole.

YOUR BODY is the manifestation of your thoughts. If you think thoughts of disease and weakness, these appear in your body as such. If you think of yourself as healthy and strong, your body takes on these characteristics. Your body is indicative of the nature of your belief about yourself.

The body cannot be thought of strictly as matter since, being an objectification of the mind, it is mental to some extent. The thoughts that we think readily affect the fluids and cells of the body. The body with its sensations and feelings belongs on a plane entirely different from that on which matter of the external world is found.

Guard your body from the belief in disease and you assure yourself of health. If you cease to think of your body as susceptible to disease and realize that in Truth it is impregnable to such race beliefs and delusions, you take the first step toward health. To cease thinking the thoughts that would externalize as disease is to take a true precaution against disease.

Thy whole body shall be full of light.—*Matt. 6:22.*

SUNDAY, JULY 6

Today's All-Powerful Word: I give up every belief that I am old or growing old. In Spirit I am constantly renewed and eternally young.

HROUGH KNOWING Truth you will see the fallacy of thinking of yourself as old or as becoming crystallized in mind and in body. No longer will you vision the future as a time when you will be mentally and physically incapacitated. You will think of yourself and your life as disassociated from the common belief in time and years.

The race belief in age is accountable for the tendency to grow old. Persons at middle age are easily drawn into the vortex of mortal thought in this respect if they are not awake to Truth. They easily succumb to the thought and practice of old age because those before them have done so.

Very often the individual grows mentally and physically old because he neglects to entertain new ideas. He moves in a mental rut. Life becomes monotonous to him. He thinks and acts in the same old way and becomes old for doing so. New ideas and new thoughts are his salvation. Through them his mind and his body are recharged with a sense of newness.

He hath put a new song in my mouth.—*Psalms 40:3.*

MONDAY, JULY 7

Today's All-Powerful Word: *My faith in Christ within me removes all sense of doubt and unbelief. I have faith, unyielding faith, demonstrable faith.*

MAN'S FAITH must be so firm and so strong that nothing can weaken or affect it. His faith in God and in himself must be of such a nature that nothing external can cause him to entertain doubt or unbelief. His world must be a world of faith.

When a person affirms that he has faith—unyielding and supreme—and realizes the truth of his statement, he instinctively feels his faith increased and strengthened. He feels himself laying hold of something strong and substantial within him; that "something" is the inner presence of Spirit, or the Christ.

When your faith seems to be weak or shattered, turn away from the belief that is undermining it. Link yourself with the faith of Christ, which is like the faith of ten thousand. Dwell upon your faith, your unyielding faith, until it becomes an actuality to you. Feel it develop to the point where no belief in limitation can affect it.

Yet am I with you in the . . . stedfastness of your faith in Christ.—*Col. 2:5.*

TUESDAY, JULY 8

Today's All-Powerful Word: I realize the powerlessness and nothingness of inharmonious beliefs and conditions, because I live in a world in which the peace of God is omnipresent and omnipotent.

 O YOU try to remove inharmony from your life by dissecting it, thinking of it as something to be analyzed or understood? Do you think of inharmonious conditions as having substance, reality, and truth? Know the truth that only peace and harmony have reality. Only God, the good, is true.

The whys and wherefores of evil, or inharmony, can be investigated only to a certain point. They must then be dismissed from the mind in order to give place and make room for ideas of the good and of peace. If you have not been able to solve a problem through working with it, disregard it for a while and turn your thought to the science of Truth.

God as peace rules His world completely. This peace annihilates all belief in inharmony. Men must give up belief in the power of war in order to make place for the establishment of the kingdom of God, the realm of peace, on earth.

The God of peace . . . make you perfect in every good thing.—*Heb. 13:20, 21.*

WEDNESDAY, JULY 9

Today's All-Powerful Word: *Christ in me is my light, life, and strength. All that I am in Spirit is all that is true of Christ.*

HRIST within you is not only the source of all your blessings but is the blessings themselves. Christ in you—the spark of the Divine that unites you with things heavenly—is your relation with all things of the universal world of light, life, and love. In and through Him you emerge into a world replete with good.

Christ is not some mysterious, mystical something apart from you, something distant from your life. He is within you and about you. He is the very light of your inspiration, the life of your life, the health by which your own health is sustained.

That which is true and real and enduring in your life is Christ. The feeling of eternal life at the very heart of your being is Christ's presence, always with you, always serving you. Christ could not be apart from you, since He is your very existence. His life is the foundation and substance of your own.

Christ is the part of you that is never affected by things external, that never knows defeat, that endures through all time, mightier than circumstances.

Christ is all, and in all.—*Col. 3:11.*

THURSDAY, JULY 10

Today's All-Powerful Word: *The power of good now operating in my life annihilates and supersedes all belief in any power in evil. God, the good, is omnipotent.*

THROUGH TRUTH, the consciousness of good wipes out all belief in any supposititious opposite. The knowledge that God is all-powerful destroys the belief that evil can have power. The omnipotence of God is absolute annihilation to man's false concepts—his belief in the reality and power of sin, evil, disease, and death.

To think of God, the good, as omnipotent is to relieve oneself of all misconceptions about evil's having power or omnipotence. We can see that evil and disease can have no charms or horrors for us when we know the truth of the omnipotence of God.

Do you give importance to evil? Then learn the truth of its utter insignificance in the consciousness of the absolute prevalence of good. Do you believe in a Devil? Then know that God's absolute omnipotence leaves no place or space for the existence of any power to oppose Him.

Turning from the belief in evil and its reality, we discover the world of good.

Glory and honor and peace to every man that worketh good.—*Rom. 2:10.*



The Cre

These times when there are
And arguments are just a waste
And each religious potentate
Confused, I wonder "Who?"

The door of heaven open wide
(I judge there cannot be a guide)
And then a single ray of light
And in that light I read the word:

Now if you find theology hard,
Cease thinking of all man's art,
And turn to God in your distress;
His creed is such a simple trust.



Creed of Heaven

en there are many creeds and many rival spires,
are just as hot as old satanic fires,
ous potentate exclusive rights would claim—
der "What is Truth?" I ask in heaven's name.

ven opens wide, but not a voice is heard
cannot be a creed, since heaven is not stirred!);
le ray of light comes beaming through the strife,
t I read the answer: "Light and Love and Life!"

theology too hard to understand,
f al man-made creeds, opinions now at hand,
I in your distress, and see the light He'll give.
h a simple one: "Be radiant! Love and Live!"

FRIDAY, JULY 11

Today's All-Powerful Word: Love fills my heart and frees me from all tendency to misunderstand other persons, to be impatient with them, or to be unkind. Love rules my world.



UNIVERSAL LOVE, love unchanged by personal beliefs, is the remedy for much of the personal misunderstanding in the world. Understanding and love must ever go hand in hand. Misunderstanding must ever look to love for the solution of its problems.

When we are impatient with others we are far from loving them. We fail to appreciate the things that they are trying to do, we fail to understand their motives and the problems of their souls, we fail in our friendship. Being impatient, we fail to see them with understanding, and we cannot see them through eyes of love.

When we are filled with love we cannot be unkind. We have no desire to mistreat others when love fills our hearts. When love dominates us we cannot dominate others in a spirit of misunderstanding and uncharitableness.

As we feel love governing and guiding us, we come to the realization that love rules our universe.

Forbearing one another in love.—*Eph. 4:2.*

SATURDAY, JULY 12

Today's All-Powerful Word: God, the principle of Truth, is the law of my life and I am no longer under the belief that I am bound by adverse laws.

 HOW MANY persons go through life under the belief that adverse laws hold them in bondage—laws of disease, laws of heredity, laws of failure! Adverse laws must always be regarded as strictly mental, and when in mind we declare our independence of them we are free, indeed.

God, divine principle, is the spiritual and supreme law of our lives. Therefore, God as life, love, and Truth is the very government of our world. When we think of any opposing power as having ability to govern us with limitations, or laws, we become dual-minded and think of adversity as having a kingdom and of ourselves as being its subjects.

The principle of God—the principle of Truth, love, and life—knows no opposition or defeat. In the mind of God there is no power or law to oppose or to thwart Him. In Truth there are no adverse or negative laws. In reality there is only the law of God, the law of good, forever ruling us and establishing good in our midst.

The ordinances of Jehovah are true.—Psalms 19:9.

SUNDAY, JULY 13

Today's All-Powerful Word: *The joy of the Lord within me lifts me out of all sense of depression and gloom, and I am full of joy.*

 HROUGH TRUTH we come into the realization that persons and things do not have the power to depress us. We learn that things of the external world have no power over the spirit of joy within us. We discover that, through realizing our oneness with joy within us, we become master over the claim of outer conditions to depress or to sadden us.

The impersonal life fills us with joy, the joy of knowing our freedom from personal attachments. The joy of Spirit is never binding or limited. The temporary joy often experienced when we think of external things as having power to make us happy is replaced by joy that is eternal when we realize the truth that Spirit within us is the source of our real joy.

Would you know real and constant joy? Then cease to look for it. No longer believe that it is to be found in the external world. Let joy come forth in you from the very depths of Spirit within you. Let joy well up in you. Then let it break forth, flooding your whole being with joyfulness. Let your whole world take on the character of this inner joy.

Rejoice greatly with joy unspeakable.—*I Pet. 1:8.*

MONDAY, JULY 14

Today's All-Powerful Word: Through disciplining my mind, I think only thoughts of Truth, love, life, health, and success.

BECAUSE of the influence of our thoughts upon our bodies and our affairs, it is highly necessary that we so discipline our minds that we think only those thoughts that will produce peace, health, and success. We can see that thoughts of inharmony, disease, and failure have no place in the mind of the person who wants to see harmony, strength, and plenty manifest in himself and in his world.

How easy it is to discipline our minds since we are so mentally constituted that we can choose our thoughts! We can think just the thoughts that we want to think. We can think good and constructive thoughts in place of adverse and destructive ones.

The secret of being able to replace an adverse thought with a good one lies in getting the realization that the thing that appears to cause adverse thought has no power over us. Adverse beliefs usually come from the false conception that external things can affect or injure us. Realization of the truth in this respect prompts thoughts of harmony instead of thoughts of adversity.

So then I of myself with the mind, indeed, serve the law of God.—Rom. 7:25.

TUESDAY, JULY 15

Today's All-Powerful Word: Under all circumstances I can be patient because I know that all things are working for and contributing to my highest good.

 IMPATIENCE on your part shows that you are not certain about the outcome of events. If you are impatient you feel that evil may intervene in some way and interfere with the working of good. Impatience shows that you fear that God and His work may be delayed.

The patient person, the one whose understanding and faith are centered in God, can be patient at all times and under all circumstances. The nature of an alarming situation does not dampen his spirits in the least. Adverse appearances serve but to make him more steadfast to Truth.

Patience is peculiarly related to faith, since the person with absolute faith in God must likewise be one of patience. Believing that God is omnipotent, he cannot give thought to the power of evil. He cannot think of adversity as gaining power over God. He cannot think of the belief in time as gaining ascendancy over the timelessness and promptness of Spirit.

Are you in the habit of being impatient? Learn to rely upon Spirit.

The patient in spirit is better than the proud in spirit.—Eccl. 7:8.

WEDNESDAY, JULY 16

Today's All-Powerful Word: I am unified eternally with God, the good, within me and with all the manifest good infolding me.

 HINK OFTEN of universal oneness—the oneness of Truth, life, and love. Give up the habit of thinking of yourself as separated from life in any of its phases: the life of God as expressed in the lives of men, this life as unifying all living things in a harmonizing oneness of life.

The teachings of Unity direct our thoughts in two directions: toward a oneness with God within us, and also toward unifying ourselves with the good in the manifest world. Our first duty, of course, is to find God within us and to become conscious of His presence and of our oneness with it. All unity is based upon this and all universal oneness directs our thought back to oneness with God, the good.

Do you feel yourself becoming estranged from some acquaintance? Then find something which you have in common. Direct your thought to the thing that unifies you. Lose sight of the personal equation, and the personal differences, and look to your relation to him by way of universal unity—unity of God, unity of life, unity of all good.

There is one body, and one Spirit . . . one hope of your calling; one Lord, one faith, one baptism, one God and Father of all.—Eph. 4:4-6.

THURSDAY, JULY 17

Today's All-Powerful Word: *My consciousness of good clears all obstacles from my path and I walk in a path of peace and success.*

REALIZE the truth that no obstacles can remain in the way of the person who is poised in Spirit. Nothing can prevail against him who abides in spiritual consciousness. There can be no barriers to the progress of him who advances in the consciousness that God, the Spirit of good, attends him.

Do you think that something or some person stands in the way of your advancement? Only your belief in such a retarding influence can possibly retard your going forward. Cease to think of persons or things as standing in your way. Face the truth that your limiting thought has limited you, but that it cannot do so henceforth.

Your consciousness of Spirit goes before you and clears all obstacles from your path. All that you have thought of as having power to impede your progress will be brushed aside. All that has seemed to delay your advancement will but cause you to go forward with surer steps and with more certainty of success.

I send my messenger, and he shall prepare the way before me.—Mal. 3:1.

FRIDAY, JULY 18

Today's All-Powerful Word: *I now abide in the kingdom of heaven—the kingdom of Truth, love, health, and plenty.*

DISABUSE your mind of all belief that heaven lies in some distant place to be discovered and enjoyed at some distant and future time. Cease to think of hell as an actuality. The only hell that you will ever know is that which you may be producing right now by your thoughts of inharmony, hate, fear, disease, and failure.

Heaven is to be found wherever you find God. Knowing Truth, you discover that God is in the midst of you. You are one with Him and He is one with you. You find harmony, love, strength, and prosperity when you discover God in your midst. You find all that is characteristic of heaven when you make the great discovery of God's immanence.

If you would abide in heaven, keep the clear vision of heaven's presence. Utterly disregard the appearance of evil in your world. Turn your eyes heavenward. Look to Spirit instead of to appearances.

By abiding in the consciousness of heaven, you will find yourself in the heavenly realm. You must find it right where you are. Where evil appears to be, there in reality is the Truth of God now manifesting as His heaven.

The kingdom of heaven is at hand.—Matt. 4:17.

SATURDAY, JULY 19

Today's All-Powerful Word: The light of Truth now dawning in my consciousness dispels darkness, ignorance, and superstition. I am spiritually illumined.

WHEN WE become spiritually illumined, when the light of Truth dawns upon us, our minds are flooded with light. We understand, we know, we see! All darkness is dispelled. Ignorance is put to flight. Superstitious beliefs are overcome. The light of Truth is shining, and we are divinely inspired, spiritually illumined.

Do you seem to be in the dark? In a mental fog? Bound by superstitions about disease, religion, and life in general? Then face the light. At the very center of your being is the light of Christ, shining on and on in spite of mortal beliefs in darkness, disease, and fear. This light is the light that will inspire, illumine, and guide you. It will cause you to be filled mentally and physically with spiritual light.

Spiritual illumination causes light to shine upon our whole world. Nothing can remain hidden from us, nothing can withstand the penetration of spiritual light.

It is God, that said, Light shall shine out of darkness, who shined in our hearts, to give the light of the knowledge of the glory of God.—II Cor. 4:6.

SILENT UNITY CLASS THOUGHTS

July 20 to August 19

Jesus Christ is the light of my life.

*Jesus Christ is here, infolding me in
His healing consciousness, and I am
made whole.*

*Jesus Christ is here, infolding me in
His consciousness of the Father's un-
failing supply and support, and I am
prospered.*

SUNDAY, JULY 20

Today's All-Powerful Word: *The healing presence of Christ, now sensed in my mind and my body, lifts me out of all belief in disease, and I am whole and well.*

HERE IS healing in the presence of Christ. This truth has been recognized throughout all ages. Some have deprived themselves of healing because they thought that they needed the physical presence and personality of Jesus. Others have discovered the impersonal, spiritual, healing presence of Christ, and they have been restored to Christ, restored to health.

Where is Christ? Within and about you. First you find Him at the very heart of your being—a living, healing presence. You find that this realization puts an end to all belief in the reality or presence of disease. You know that Christ's presence is the only reality or presence that there can be in Truth.

Next, you find the presence of Christ infolding and blessing you. His presence is like an aura of light, a protection against adverse beliefs, an assurance of health. Eventually you dismiss from mind all belief in adversity and disease, because Christ becomes omnipresent, the only presence and reality that there is.

Who forgiveth all thine iniquities;
Who healeth all thy diseases.

—*Psalms 103:3.*

MONDAY, JULY 21

Today's All-Powerful Word: I am free from all belief in lack and failure. I abide in the positive assurance of prosperity and success.

 N ORDER to be prosperous and successful we must unburden our minds of all belief in lack and failure. Success first comes in consciousness. It is in the mind that we first perceive the end of failure and the coming of success.

Truth sets us free from the belief that lack and failure have any place in us or in our affairs. We perceive the truth of man's eternal prosperity in Spirit and reach the consciousness and conclusion that we, too, are prosperous. We see ourselves in the midst of the success that we have previously but vaguely visualized.

Prosperity is man's natural and spiritual estate. We should disabuse our minds of all belief that lack is our portion in life. We should cease to think in terms of poverty, nor should we think of ourselves as related to failure in any wise. Lack and failure belong entirely to the consciousness in which Truth is unknown—the truth about God's overflowing abundance.

Prosperity is but man's conscious appropriation of that which has always existed as his own.

That ye may prosper in all that ye do.—*Deut. 29:9.*

TUESDAY, JULY 22

Today's All-Powerful Word: Thinking true and spiritual thoughts, I abide in the consciousness of prayer: my oneness with Spirit and its blessings.

PRAYER is our means of realizing the truth of our oneness with the blessings of God and our participation in the Father's possessions. Prayer is the vestibule by which we enter the kingdom of the Father's bounty. By prayer we exalt ourselves to the realization that we are at one with the very blessings of heaven.

Have you learned how to pray? Have you ceased to implore and beseech God for what you want? Learn to realize the truth that all God's blessings are now yours to enjoy in fullest measure. Know that as you ascend to the heights of spiritual consciousness through prayer you become identified with the very thing that you are seeking, the thing for which you have been praying.

Do not think of prayer as something mysterious or something tabooed by modern living. Prayer is the most natural and the simplest thing in man's existence. It is the ladder by which he climbs higher and higher. It is the means by which he comes into possession of his true estate, his divine sonship.

**Is any among you suffering? let him pray.
—James 5:13.**

WEDNESDAY, JULY 23

Today's All-Powerful Word: Christ, the Truth, has saved and delivered me from evil and adversity. I acknowledge Christ as my Savior.

ESUS brought mankind the good news of its freedom and salvation. He told men the truth of their redemption from all the sins and evils to which men, in their ignorance, seemed to be heir. He became known as Christ, their Savior.

Man's salvation includes freedom from every form of bondage and limitation. Without this liberation man would be bound to sin, evil, adversity, and disease. Without the saving power of Truth, he would be enmeshed in evil, disease, and poverty, with no hope of escape.

Why do students of Truth love Jesus Christ? Because He brought the Christ message to them. He brought them salvation and deliverance, freedom and redemption. They acknowledge Him and thereby ratify the power of the message that He proclaimed.

Salvation from disease comes through the Christ message of health; salvation from lack through the truth of man's unlimited resource. We study Truth in order to make a practical application of its message.

Look unto me, and be ye saved, all the ends of the earth.—*Isa. 45:22.*

THURSDAY, JULY 24

Today's All-Powerful Word: *Knowing the Truth of God, the truth about myself, I cannot believe any falsehood that would bind me to limitation. I am awake to Truth!*

N CONSIDERING life and our relation to it, we believe either the truth or a falsehood. We see ourselves as master over things of the external world, or else we believe that these master us. We think of ourselves as whole and perfect, or else we believe the race thought that we are subject to disease and death. We can readily see the importance of distinguishing between the lie and the truth. Were the lie accepted as true it would become so to us.

We study Truth in order to sift the wheat from the chaff, the real and true from the unreal and false. We accept God, the divine principle of Truth, as our standard and know that only that which is divinely true of God is true of ourselves in Spirit. We know that only Truth is real, permanent, eternal.

God is true! His idea of man's perfection is true. Man's conception of his own imperfection is false. God's Truth utterly wipes out the falsehood, and man stands as witness to the eternal truth of his perfection, the unalterable Truth of God.

He that hath received his witness hath set his seal to this, that God is true.—John 3:33.

FRIDAY, JULY 25

Today's All-Powerful Word: I am relieved of all mental and physical tension and strain, because I abide in the peace and quiet of God's presence.

 YOU CAN relieve yourself of strain and tension just by realizing the truth of your freedom from every limiting belief and knowing that you live, move, and have your being in the presence of Spirit. Physical tension always results from a tension in the mind, caused from entertaining thoughts of worry and anxiety.

Much of the tension that man experiences comes from lack of understanding and of faith. He is ignorant of Truth. He doubts the power of God. He believes that there is some power other than God that can oppose Him and delay His help and blessings.

God's presence is peace and stillness, and when we enter it we become peaceful and quiet. There can be no strain or tension where God is, and when we recognize that He is within and about us we discover that we are free from all belief in strain.

The consciousness of Truth brings relaxation. The practice of the silence brings a great measure of freedom from strain.

He leadeth me beside still waters.
He restoreth my soul.

—*Psalms 23:2, 3.*

SATURDAY, JULY 26

Today's All-Powerful Word: *The Truth of Christ frees me from all belief in personal imperfection. In Christ I am perfect, in mind and in body.*

KNOWING the Truth of man's perfection in Christ, we are freed from all belief that we are personally blemished or imperfect. We see ourselves free from the race belief in man's imperfection. We behold man not as a creature of imperfection, but as the perfect son of his perfect Father.

Are you in the habit of thinking of your own blemishes or shortcomings? Are you inclined to see or to call attention to the blemishes or shortcomings of others? Do you not realize that by doing so you are but giving support to something that does not exist in Truth? Only the truth about man's perfection in God is true. That which appears to be true has no foundation or substance in the absolute science of God.

In Christ, the Truth of God, man always has been and always will be perfect. Even though he thinks of himself as ravished by disease and adversity, he will continue to be created in the image and after the likeness of God. His perfection will continue to attest his relation to God, his Father and Creator, Him in whose likeness man was formed.

Let us press on unto perfection.—*Heb. 6:1.*

SUNDAY, JULY 27

Today's All-Powerful Word: I dedicate my eyes to seeing things of good and of beauty. My eyes are clear and strong and they behold a world of perfection.

YOUR EYES are given to you that you may behold God's world of perfection. You should be able to do this without any thought of your having difficulty to see. You should have eyes that are free from all belief in weakness. Your vision should be such that you can see all things clearly and distinctly. You can have the healing and strengthening power of God demonstrated and expressed in your eyes through knowing the truth of their perfection in Spirit.

Cease to strain your eyes. No longer believe that you must exert yourself in order to see. Remember that seeing takes place primarily in the mind. In your mind's eye behold the thing that you want to see and let your physical eyes but confirm the truth of what you have beheld in Spirit.

No longer choose to look at the sordid things in life. By beholding the beauty in life, you will discover that in reality there is only a world of beauty. By your power to see you will be able to look into the very kingdom of heaven and discover that there are only heaven, only God.

He looked stedfastly, and was restored, and saw all things clearly.—*Mark 8:25.*

MONDAY, JULY 28

Today's All-Powerful Word: Knowing Truth, I have power to derive some blessing from every experience in life.

YOU CAN extract a blessing from the most insignificant or adverse experience if you take the attitude that it must yield you a blessing. By taking command of the situation, you compel it to throw off any ability to injure you in any way and cause it to be transformed into some sort of blessing.

Give up the tendency to dwell upon the thought of ill luck, curses, hard times, and seasons of adversity. Quit thinking of yourself as related in any wise to misfortune or bad luck. Give up the human tendency to think that there can be any experience that can master, harm, or defeat you.

The blessings that you inherit from your heavenly Father leave nothing to be desired. With peace, love, wisdom, health, and plenty at hand, what more can you want or need? Every blessing you can conceive of is yours through the gift of Spirit.

Abiding in spiritual consciousness, you are in the realm whence comes every blessing that you desire.

The blessing of Jehovah be upon you;
We bless you in the name of Jehovah.

—*Psalms 129:8.*

TUESDAY, JULY 29

Today's All-Powerful Word: *The presence of Christ within me, my understanding of Truth, is my help at all times and in all difficulties.*

 **N** TIMES of stress, when you are in urgent need of help, turn to the presence of Christ at the very heart of your being. Turn in thought to His peace, strength, wisdom, and justice. Discover the very thing that you are seeking and that which you need to make your perfect demonstration.

The person who is in need is really in need of God. He needs that which God is. He longs for the thing that instinctively he knows God to be: harmony, power, understanding, order. Unable to find these in the confusion of the world, he eventually is compelled to turn within.

An understanding of Truth, of man's relation to God, gives man a solution of all his difficulties. He knows that he can find help whenever he needs it. He knows that, wherever he goes and in whatever situation he finds himself, there is God right at hand and ready to help him.

God's help is most noticeable at the time when it is needed the most. In man's extremity God appears in the form in which He can serve man to the greatest degree.

My help cometh from Jehovah.—Psalms 121:2.

WEDNESDAY, JULY 30

Today's All-Powerful Word: *All confusion and noise are removed from my life, and I live in the order, harmony, and quiet of Spirit.*

HE PRACTICE of the silence helps us to enter into a life wherein there is no noise or confusion. That which we have perceived in the ideal we behold as a possibility and an actuality. The perfect quietness of the silence is carried into the activities of the daily life.

Does noise seem to enter to a great extent into your life? Do you find your world one of disorder, confusion, and inharmony? Then lift your thought out of the world of discord. Think heavenward. Think in terms of heavenly quiet. Behold the inner quietness of your life expressed in your environment as stillness and quietness, as the antidote and end to noise and confusion.

Even as mystics of the past have practiced the silence for spiritual growth, so do practical men and women of today find in the silence the power of stillness necessary to feed mind and body in a twentieth-century world. From the stillness within man comes the power that commands the battle and noise of material forces without him.

The effect of righteousness, [shall be] quietness and confidence for ever.—*Isa. 32:17.*

THURSDAY, JULY 31

Today's All-Powerful Word: Rising out of fear of persons and things, I am established in the courage and fearlessness of God within me.

 **D**O YOU fear others? Do you give external things and situations power to make you unhappy? Do you fear that persons and things will bring about your mental or physical discomfort? If you do, then you need to know the truth. You need to realize that you are free from fear of external things—you are established in the courage of God within you.

Those who are in fear do not have the consciousness of God in the midst of them, God fearless and courageous, God enduring against all opposition. Turning to God, they turn from the belief that things of the external life have any power over them. When they realize that God alone is powerful, they become courageous in this consciousness.

Man's true estate is one in which he rules his world through courage. God within him reigns supreme. He is fearless because God is without fear. He is courageous because the presence of God fills him with courage.

Rebel not against Jehovah, neither fear ye the people . . . Jehovah is with us: fear them not.
—*Num. 14:9.*

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